

live well, work well

Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at M3.

Blood Donation

A simple way to help save lives

Blood is needed for many reasons, including emergencies, for people with cancer, blood disorders, sickle cell anemia, and other illnesses. One in 20 Americans will need a blood transfusion at some point in life, so your donation could make the difference between life and death.

Who can donate?

In general, to donate blood, you must be healthy, at least 17 years old, weigh at least 110 pounds, and to not have donated blood in the past 56 days.

Frequently Asked Questions

Is donating blood safe?

Absolutely! The needles and bags used to collect the blood are only used once and then discarded. So you have no chance of infection.

Can I donate if I've been turned down before?

Yes, you should certainly try to donate again! Most reasons for donors being turned down are only temporary.

Should I give blood now or wait until I am called?

Call now! Eligible donors are encouraged to donate as often as possible. To schedule an appointment, call 1-800-GIVE-LIFE.

How long does it take to donate?

It only takes about an hour! It starts with registration, a health

history, and a physical. Then, if eligible, you move on to the actual donation, which usually takes about 10-12 minutes. The final step is a few minutes in the "canteen", where you enjoy light refreshments.

How much blood is taken—will it make me weak?

You will only lose approximately one pint of blood. The vast majority of donors DO NOT feel any different after their donation. Your body will replace the lost fluid within 24 hours.

Can I direct my blood donation to the military?

Yes you can! The American Red Cross has created a network that will help direct your blood donation to the areas of the country—or world—where it is needed the most.

How can I ensure a pleasant donation experience?

- Get a good night's sleep.
- Eat a good breakfast or lunch before you donate.
- Make sure you have adequate iron levels by eating iron-rich foods such as green leafy vegetables, raisins, meat, and

poultry.

- Plan to wear a shirt with sleeves that can be pushed over the elbow (or wear short sleeves).
- Drink a lot of fluids beforehand. Avoid caffeine.

After donating:

- Make sure to eat and drink something at the canteen and continue drinking fluids over the next 24-48 hours to rehydrate.
- Avoid heavy lifting or strenuous exercise for the remainder of the day.

For Information on the Minority Organ Tissue Transplant Program visit: www.nationalmottep.org



Did you know...?

Every two seconds someone in the United States needs blood, but only five percent of those eligible donate each year. If you would like to increase this statistic, call 1-800-GIVE-LIFE today.